

MAY 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(3) DEVEILED PORK CHOP BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(4) CHICKEN ALA KING STEAMED BROCCOLI CREAMY COLESLAW (1) BISCUIT & OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(5) MACARONI & CHEESE (3) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(6) <u>MOTHER'S DAY LUNCH</u> BEEF POT ROAST MASHED POTATOES w/BEEF GRAVY (1) WINTER BLEND VEGETABLES MULTI-GRAIN DINNER ROLL w/OLEO (1) ALMOND POPPYSEED CAKE (3) FAT-FREE MILK (1)
(10) OVEN BAKED GARLIC CHICKEN RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(11) BARBECUE PORK SANDWICH (1) ON A WHOLE WHEAT BUN (2) OVEN BROWNED POTATO (1) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(12) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL (2) CARROT CAKE (1) FAT-FREE MILK (1)	(13) SLICED ROAST PORK LOIN MASHED POTATOES w/PORK GRAVY (2) GREEN BEANS WHOLE WHEAT BEAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(17) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(18) CHICKEN TETRAZZINI (2) STEAMED BROCCOLI CREAMY CUCUMBERS WHOLE WHEAT BREAD w/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(19) SWEET & SOUR PORK (1) OVER BROWN RICE (1) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(20) COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES (1) w/CHICKEN GRAVY GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) BLACK FOREST CAKE (3) FAT-FREE MILK (1)
(24) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(25) SLICED ROAST BEEF MASHED POTATOES w/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)	(26) <u>MEMORIAL DAY LUNCH</u> HOT DOG w/CONEY SAUCE ON A WHOLE WHEAT BUN (1) BAKED BEANS (3) CORN (1) CHERRY CRISP (3) FAT-FREE MILK (1)	(27) SLICED TURKEY MASHED POTATOES w/TURKEY GRAVY (1) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)

SALAD/SANDWICH MENU FOR DINING CENTERS ONLY**MAY 2010**

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 5-3 THRU 5-6-10) <u>GARDEN SALAD</u> COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONION, AND TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS, CROUTONS, AND MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>ROAST BEEF SANDWICH</u> SLICED ROAST BEEF PLACED ON RYE BREAD WITH SWISS CHEESE, ROMAINE LETTUCE, RED ONION, AND TOMATO SERVED WITH SAUERKRAUT, THOUSAND ISLAND DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 5-10 THRU 5-13-10) <u>SPINACH SALAD</u> FRESH SPINACH WITH BAKED CHICKEN, EGG, RED ONION, TOMATO, MANDARIN ORANGES, TOASTED ALMONDS, AND CRUSHED CROUTONS, SERVED w/BACON RANCH DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CREAMY EGG SALAD SANDWICH</u> CREAMY EGG SALAD ON WHOLE WHEAT BREAD WITH ROMAINE LETTUCE, RED ONION, SLICED TOMATO, CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 5-17 THRU 5-20-10) <u>TUNA SALAD</u> LIGHT CHUNK TUNA MIXED w/CELERY, GARDEN SEASONING, AND LITE MAYO, PLACED ON CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS SERVED w/MARZETTI RANCH DRESSING TOWNHOUSE CRACKERS DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY WRAP</u> SHAVED TURKEY BREAST WITH SWISS CHEESE PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO, SERVED WITH BUTTERMILK DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 5-24 THRU 5-27-10) <u>CHICKEN SALAD</u> CREAMY CHICKEN SALAD MADE WITH ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD w/AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND CARROTS, SERVED WITH HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.**CARBOHYDRATE KEY:****12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)**

MAY 2010

HAMPTON EVENING MENU

BAY COUNTY DIVISION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(4) SPANISH RICE (2) WHOLE KERNEL CORN (1) CARROT RAISIN SALAD (1) WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(5) SLICED TURKEY MASHED POTATOES WITH TURKEY GRAVY (1) SQUASH WHOLE WHEAT BREAD w/OLEO (1) FRUIT (2) FAT-FREE MILK (1)	(6) <u>MOTHER'S DAY LUNCH</u> BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) MULTI-GRAIN DINNER ROLL w/OLEO (2) PEACHES & CREAM CAKE (2) FAT-FREE MILK (1)	(7) COD FILET SANDWICH ON A WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) SLICED PEACHES (1) FAT-FREE MILK (1)
(10) OVEN BAKED CHICKEN RED SKIN POTATOES w/ONION (1) CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD/OLEO DICED PEARS (1) FAT-FREE MILK (1)	(11) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(12) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) BIT-SIZE PEACHES (1) FAT-FREE MILK (1)	(13) PORK CHOP w/MUSHROOM GRAVY MASHED POTATOES (1) SPINACH WHOLE WHEAT BREAD w/OLEO FRESH FRUIT FAT-FREE MILK (1)	(14) BOILED DINNER (1) MULTI-GRAIN DINNER ROLL & OLEO (2) OATMEAL APPLESAUCE CAKE (3) FAT-FREE MILK (1)
(17) LUNCHEON STEAK w/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(18) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(19) HOMEMADE CHILI (2) BAKED POTATO (1) STEAMED BROCCOLI SALTINE CRACKERS (1) FRUIT (2) FAT-FREE MILK (1)	(20) SLICED HAM RED SKIN POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE FAT-FREE MILK (1)	(21) CHICKEN TARRAGON OVER BROWN RICE (1) EUROPEAN BLEND VEGGIES TOSSED SALAD & DRESSING MULTI-GRAIN DINNER ROLL (2) FRESH FRUIT (2) FAT-FREE MILK (1)
(24) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(25) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(26) <u>MEMORIAL DAY LUNCH</u> HOT DOG & CONEY SAUCE ON A WHOLE WHEAT BUN (1) BAKED BEANS (3) CREAMY CUCUMBERS CHERRY CRISP (3) FAT-FREE MILK (1)	(27) ROAST BEEF & AuJUS MASHED POTATOES (1) w/BEEF GRAVY GREEN BEANS WHOLE WHEAT BREAD w/OLEO OATMEAL RAISIN COOKIE FAT-FREE MILK (1)	(28) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD FRESH FRUIT (2) FAT-FREE MILK (1)

**RIVERSIDE FRIENDSHIP CENTER
ONLY**

MAY 2010

(7)
PORK CHOP SUEY OVER BROWN RICE (2)
SLICED CARROTS
WHOLE WHEAT BREAD w/OLEO (1)
APPLE (1)
FAT-FREE MILK (1)

(14)
HOMEMADE LASAGNA (3)
ITALIAN BLEND VEGETABLES
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
HAWAIIAN FRUIT (1)
FAT-FREE MILK (1)

(21)
BAKED VEAL PARMESAN w/SPAGHETTI & MEAT SAUCE (1)
WINTER BLEND VEGETABLES
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRUIT (2)
FAT-FREE MILK (1)

(28)
BAKED PORK CHOP
BAKED POTATO (3)
EUROPEAN BLEND VEGETABLES
MULTI-GRAIN DINNER ROLL w/OLEO (2)
APPLESAUCE (1)
FAT-FREE MILK (1)